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MANUAL

OF

PHYSICAL TRAINING

OF THE

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BY

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EXPLANATION.

Be sure the air in the classroom is fresh and pure. Even in winter, if the air is foul, open the windows for a few moments and then close them again. A child will not take cold while exercising briskly.

The "in place *rest!*" should be given between every exercise as a relaxation from the position of "attention."

The command "atten*tion!*" is only used after "in place rest." Say "posi*tion!*" at any other time when it is desired to have the class assume the fundamental standing position in one movement and as quickly as possible.

In the respiratory exercises, the mouths must always be closed while inhaling and are generally closed while exhaling

Arrange the children according to height as far as possible.

During the second semester of the first grade have the class count mentally as much as possible.

Increase the counts of the old lesson before beginning the new one.

The exercises of the Day's Orders must be given in numerical order.

The comma separates the position-of-work from the exercise. Drill thoroughly on details at the first of the term, in order that the real exercise, that which comes after the comma, may receive sole attention later. The *exercise* is what the class requires, the position-of-work is simply the means to the end.

SCHEDULE.

Grade	1^1 - -	Lessons 1 to 6 or 7
"	1^2 - -	" 1 " 11
"	2 - -	Day's Order 1– 7
"	3 - -	" " 5–14
"	4 - -	" " 12–21
"	5 - -	" " 19–28
"	6 - -	" " 26–35
"	7 - -	" " 33–42

SCHEDULE IN DETAIL.

GRADES.	2	3	4	5	6	7
1st Week-Day's Order	1	5	12	19	26	33
2d " " "	1	5	12	19	26	33
3d " " "	1	½6	½13	½20	½27	½34
4th " " "	2	6	13	20	27	34
5th " " "	2	½7	½14	½21	½28	½35
6th " " "	2	7	14	21	28	35
7th " " "	3	½8	½15	½22	½29	½36
8th " " "	3	8	15	22	29	36
9th " " "	3	½9	½16	½23	½30	½37
10th " " "	4	9	16	23	30	37
11th " " "	4	½10	½17	½24	½31	½38
12th " " "	4	10	17	24	31	38
13th " " "	5	½11	½18	½25	½32	½39
14th " " "	5	11	18	25	32	39
15th " " "	5	½12	½19	½26	½33	½40
16th " " "	6	12	19	26	33	40
17th " " "	6	½13	½20	½27	½34	½41
18th " " "	6	13	20	27	34	41
19th " " "	7	½14	½21	½28	½35	½42
20th " " "	7	14	21	28	35	42

Lesson I.

1. Standing position.
2. Breathing.
3. Head bending backward.
4. One arm raising sideways.
5. Wing, side bending.
6. Mark time.
7. Arm raising sideways.

Resp.

Lesson II.

1. Standing position.
2. Breathing.
3. Head bending backward.
4. Arm raising sideways.
5. Wing, side bending.
6. Wing, forward bending.
7. Mark time.
8. Arm raising sideways. Resp.

Lesson III.

1. Wing, breathing.
2. Head bending backward.
3. Arm raising sideways.
4. Arm bending upward.
5. Wing, side bending.
6. Wing, forward and backward bending.
7. Mark time.
8. Arm raising sideways, Resp.

Lesson IV.

1. Wing, breathing.
2. Head bending sideways.
3. One shoulder raising.
4. Arm bending upward.
5. One knee bending.
6. Wing, forward and backward bending.
7. Mark time.
8. Arm raising sideways, Resp.

Lesson V.

1. Finger extension.
2. Arm raising forward-upward Resp.
3. Head bending sideways.
4. One shoulder raising.
5. One arm thrusting downward.
6. One knee raising.
7. Wing, forward and backward bending.
8. Knee bending.
9. Mark time.
10. Rest, breathing.

Lesson VI.

1. Finger extension.
2. Arm raising forward-upward Resp.
3. Head rotation.
4. One arm flinging forward.
5. One arm thrusting sideways.
6. Half arm swing and side bend.
7. Wing forward and backward bending.
8. Knee bending.
9. Mark time.
10. Rest, breathing.

Lesson VII.

1. Wrist extension.
2. Arm forward-upward raising, Resp.
3. Head rotation.
4. Arm flinging forward.
5. Shoulder raising.
6. Arm thrusting downward then sideways.
7. Half-swing and side bend.
8. Cross (*c*)-forward bending.
9. Foot raising backward.
10. Knee bending.
11. March.
12. Rest with inhalation.

Lesson VIII.

1. Wrist extension.
2. Bend, arm stretching upward, Resp.
3. Head rotation.
4. Shoulder, then arm raising.
5. Arm thrusting downward then forward.
6. Half swing and side bend.
7. Cross (*c*)-forward bending.
8. Foot raising backward.
9. Heel raising.
10. March.
11. Rest with inhalation.

Lesson IX.

1. Wrist extension.
2. Bend, arm stretching upward, Resp.
3. Chins in.
4. Shoulder, then arm raising.
5. Arm thrusting forward, then sideways.
6. (2) Swing and side bend.
7. Stepping to side.
8. Rubbing.
9. Heel raising.
10. March.
11. Hiss.

Lesson X.

1. Wrist shakes.
2. Head bending backward, Resp.
3. Chins in.
4. Arm raising, side, then front.
5. Horse shoeing (optional).
6. Swing and side bend.
7. Stepping, and arm raising sideways.
8. Rubbing.
9. Foot closing and opening, and heel raising.
10. March.
11. Hiss.

Lesson XI.

1. Wrist shakes.
2. Head bending backward, Resp.
3. Chins in.
4. Arm raising side, front, side and down.
5. Horse shoeing.
6. Swing and side bend.
7. Stepping and arm raising forward.
8. Toe touching.
9. Foot closing and opening and arm and heel raising.
10. March.
11. Hiss.

Day's Order I.

1. Fundamental position.
2. Stride.
3. Wing, head backward bending.
4. Bend.
5. Wing stride, heel raising.
6. Cross (*c*)-arm rotation.
7. Backward bending.
8. Wing stride, side bending.
9. Mark time.
10. Cross (*c*) (Resp).

Day's Order II.

1. Facing, right and left. One count.
2. Wing walk (*a*).
3. Wing stride, head backward bending.
4. Rest.
5. Rest, heel raising.
6. Wing stride, forward-bending.
7. Backward bending.
8. Sitting half wing, half rest, twisting.
9. March.
10. Reach. (Resp.)

Day's Order III.

1. March step-forward and backward.
2. Wing, walk (*b*) (forward and backward).
3. Wing, head rotation.
4. Cross (*a*).
5. Cross (*c*) close, heel raising.
6. Cross (*b*).
7. Wing stride, backward bending.
8. Half wing, half rest, side bending.
9. March.
10. Cross (*d*)-arm raising. (Resp.)

Day's Order IV.

1. Side-step.
2. Wing, foot placing out and back-out.
3. Wing, head side bending.
4. Cross (*c*) (arms stretch.)
5. Wing, half standing, leg raising forward.
6. Cross (*a*)-arm flinging sideways.
7. Wing stride, backward bending.
8. Rest sitting, twisting.
9. March.
10. Arm raising sideways-upward, (Resp.)

Day's Order V.

1. Facing, march step or side step, vary.
2 Wing, alternate toe raising.
3. Wing, head backward bending.
4. Cross (*a*)-arm flinging sideways.
5. Stretch, heel raising.
6. Bend, arms to cross (*d*).
7. Wing walk (*b*), backward bending.
8. Cross (*c*)-stride, side bending.
9. March.
10. Arm raising, forward-upward.

Day's Order VI.

1. Half right (left)-face. One count.
2. Wing walk (*a*), heel raising.
3. Wing, head twisting and back bend.
4. Reach. (Arm stretching forward).
5. Cross (c), leg raising backward.
6. Wing prone stride, head rotation.
7. Wing walk (*c*), backward bending.
8. Wing stride, twisting.
9. March.
10. Cross (*c*). Resp.

Day's Order VII.

1. Two or three steps forward or backward.
2. Wing stride, knee bending.
3. Cross, (*c*) head back bending.
4. Stretch (arm stretching upward).
5. Wing toe, knee bending.
6. Cross (*d*) arm flinging upward.
7. Rest, backward bending.
8. Rest, side bending.
9. March.
10. Arms sideways and heel raising.

Day's Order VIII.

1. Vary the facings and marchings learned.
2. Wing toe, knee bending.
3. Wing, head twisting and side bending.
4. Vary arm stretchings, side, up or forward.
5. Cross (*c*), leg raising sideways.
6. Cross (*c*) prone stride, arm rotation.
7. Rest, backward bending.
8. Wing walk (*a*), twisting.
9. March.
10. Arms forward and heel raising.

Day's Order IX.

1. Right (left) facing. Two counts.
2. Wing walk (*b*), change feet series.
3. Wing stride, backward bending.
4. Bend, alternate arm stretching sideways.
5. Wing, half hook.
6. Reach, arm flinging upward.
7. Rest stride, backward bending.
8. Wing walk (*b*), side bending.
9. March.
10. Cross (*d*) arm and heel raising.

Day's Order X.

1. About facing. Two counts.
2. Wing, alternate toe and heel raising.
3. Wing stride, backward bending.
4. Bend, alternate arm stretching forward.
5. Wing, half hook, foot bending and stretching.
6. Cross (*d*)-arms-to-cross (*e*).
7. Rest stride, backward bending.
8. Rest stride, twisting.
9. March.
10. Arms sideways-upward and heels raising.

Day's Order XI.

1. Left (rt.)-face and side-step left (rt.)
2. Rest close, heel raising.
3. Wing walk (*a*), backward bending.
4. Bend, alternate arm stretching upward.
5. Rest, leg raising backward.
6. Arm flinging to half stretch.
7. Rest walk (*b*), back bending.
8. Rest walk (*b*), side bending.
9. March.
10. Arms forward-upward, and heel raising.

Day's Order XII.

1. Face and march step.
2. Foot placing outward and backward outward series.
3. Wing walk (*a*), backward bending.
4. Half cross (*c*), change arms.
5. Rest walk (*c*), heel raising.
6. Cross (*c*) prone stride, arm circling.
7. Rest walk (*b*), backward bending.
8. Cross (*c*)-walk (*a*), twisting.
9. March.
10. Bend, arm stretching sideways.

Day's Order XIII.

1. About face and one march step.
2. Stretch, heel raising.
3. Wing walk (*b*), backward bending.
4. Continuous arm stretching sideways or forward.
5. Reach, leg raising forward.
6. Wing fall-out (*b*).
7. Cross (*c*), backward bending.
8. Half wing half stretch stride, side bending.
9. March.
10. Bend, arms to cross (*d*).

Day's Order XIV.

1. About and one side step.
2. Foot placing for, side and back-series.
3. Wing walk (*b*), backward bending.
4. Half reach, change arms.
5. Stretch, leg raising backward.
6. Cross (*e*),-arm stretching upward slowly.
7. Stretch, backward bending.
8. Wing walk (*a*) twist, side bending.
9. March.
10. Bend, arms to stretch.

Day's Order XV.

1. Vary the 11th, 12th, 13th and 14th marchings.
2. Walk (*b*), change feet and heel raising.
3. Wing walk (*c*), backward bending.
4. Arm stretching backward.
5. Rest, leg raising sideways.
6. Rest, fall out (*b*).
7. Cross (*c*) stride, backward bending.
8. Bend walk (*a*) twist, arms to cross (*c*).
9. March.
10. Twist, arms to cross (*c*)

Day's Order XVI.

1. Face, side step and face.
2. Rest walk (*c*), heel raising.
3. Wing walk (*c*), backward bending.
4. Half stretch, change arms.
5. Rest toe, knee bending.
6. Cross (*a*)-stride prone, arm flinging sideways.
7. Stretch, backward bending.
8. Half rest half stretch, side bending.
9. March.
10. Bend, arms to cross (*a*).

Day's Order XVII.

1. Face, march step, and face.
2. Foot placing three directions, heel-raising-series.
3. Backward bending.
4. Continuous arm stretching, upward, also two directions.
5. Stretch toe, knee bending.
6. Stride prone, arm stretching sideways and backward.
7. Stretch stride, backward bending.
8. Cross (*c*)-walk (*c*), side bending.
9. March.
10. Twist, arms to reach.

Day's Order XVIII.

1. About, march step, and about.
2. Wing, preparation to jump series.
3. Rest stride, backward bending.
4. Half stretch, change arms.
5. Wing toe knee bend, head rotation.
6. Cross (*d*) stride prone, alternate arm bending to cross (*e*).
7. Stretch stride, backward bending.
8. Rest walk (*a*) twist, side bending.
9. March.
10. Bend twist, arms to cross (*c*).

Day s Order XIX.

1. About side step, and about.
2. Wing knee bend, head rotation.
3. Rest stride, backward bending.
4. Half reach half stretch, change arms.
5. Cross (*e*) close, heel raising.
6. Reach prone, arms flinging upward.
7. Stretch walk (*b*), backward bending.
8. Stretch stride, twisting.
9. March.
10. Bend twist, arms to cross (*d*).

Day's Order XX.

1. Various facings and march steps.
2. Toe knee bend, arm raise side-upwards.
3. Rest walk (*a*), backward bending.
4. Half cross (*c*) half reach, change arms.
5. Bend toe knee bend, arms to cross (*c*).
6. Cross (*d*) prone stride, arms to cross (*e*).
7. Stretch walk (*b*), backward bending.
8. Cross (*c*) walk (*a*) twist, side bending.
9. March.
10. Twist cross (*d*), arms to stretch.

Day's Order XXI.

1. Facings and march steps.
2. Foot placing, different directions. Series.
3. Rest walk (*a*), backward bending.
4. Arm stretching, forward, sideways, and downward.
5. Wing toe knee bend, head backward bending.
6. Wing fallout (*a*), change feet.
7. Wing sitting, backward bending 45°.
8. Stretch stride, side bending.
9. March.
10. Twist, arms sideways upward raising.

Day's Order XXII.

1. Facings and march steps.
2. Wing walk (*c*), heel raising and knee bending.
3. Rest walk (*b*), backward bending.
4. Half reach half backward, change arms, also arms stretch, sideways (continuous).
5. Reach half standing, knee bending.
6. Stretch stride prone, arm parting.
7. Cross (*e*) stride, backward bending.
8. Rest walk (*a*) twist, side bending.
9. March.
10. Arm circumduction and backward bending.

Day's Order XXIII.

1. Facings and march steps.
2. Toe knee bend, arm circumduction.
3. Rest walk (b), backward bending.
4. Arm stretching, upward, downward and forward.
5. Bend toe, arm stretching upward and knee bending.
6. Cross (*e*), alternate arm stretching upward slowly.
7. Rest, alternate leg raising forward.
8. Stretch walk (*b*), side bending.
9. March.
10. Twist, arm forward-upward-raising.

Day's Order XXIV.

1. Facings and march steps.
2. Wing toe knee bend, alternate head rotation.
3. Rest walk (*c*), backward bending.
4. Half back: half cross (*c*), change arms, also arm stretching up.
5. Cross (*e*), leg raising sideways.
6. Cross (*d*) prone, alternate arms to stretch.
7. Wing kneel, backward bending.
8. Bend stride twist, arms to cross (*c*).
9. March.
10. Arm raising sideways and knee bending.

Day's Order XXV.

1. Facings and march steps.
2. Cross (*a*) toe knee bend, arm flinging sideways.
3. Rest walk (*c*), backward bending.
4. Arm stretching, downward, forward and upward.
5. Cross (*d*) close, arm and heel raising.
6. Stretch fallout (*b*), arm bending and stretching.
7. Rest sitting, backward bending, 45°.
8. Rest kneel, twist.
9. March.
10. Cross (*d*), arm raising and knee bending.

Day's Order XXVI.

1. Facings and march steps.
2. Rest walk (*a*), heel raising and knee bending.
3. Stretch stride, backward bending.
4. Half stretch half back, change arms, also arms stretching forward.
5. Cross (*e*) half standing, arm stretching upward, slowly.
6. Rest fallout (*a*), change of feet.
7. Stretch, alternate leg raising forward.
8. Bend stride twist, arms to stretch.
9. March.
10. Cross (*a*), arm flinging sideways.

Day's Order XXVII.

1. Facings and march steps.
2. Cross (*c*) toe knee bend, head backward bending.
3. Stretch stride, backward bending.
4. Arm stretching upward, sideways and downwards.
5. Rest half standing, knee bending.
6. Cross (*c*) fallout (*b*), arm circling.
7 Cross (*c*) bow, arms sink.
8. Half wing half stretch close, side bending.
9. March.
10. Arms raising forwards-upwards and twisting.

Day's Order XXVIII.

1. Facings and march steps.
2. Stretch toe knee bend, arm parting.
3. Wing walk (*a*) twist, backward bending.
4. Half reach half back, change arms, also, arm stretching upward.
5. Half standing, circumduction of arms slowly.
6. Cross (*e*) prone stride, alternate arms to stretch.
7. Half wing half rest stride kneel, backward bending.
8. Rest walk (*a*), twist, backward bending.
9. March.
10. Arm raising sideways, upwards and twisting.

Day's Order XXIX.

1. Facings and march steps.
2. Toe knee bend, arm circumduction.
3. Wing twist stride, backward bending.
4. Arm stretching, sideways, forward and backward.
5. Wing, leg raising forward to side to back.
6. Stretch fallout (*b*), arm parting.
7. Stretch bow, to cross (*c*).
8. Wing fallout (*a*), twist.
9. March.
10. Reach prone, arm flinging upward.

Day's Order XXX.

1. Facings and march steps.
2. Rest walk (*a*), heel raising and knee bending.
3. Stretch walk (*a*), backward bending.
4. Half back half cross (*c*), change arms, also arm stretching forward.
5. Cross (*d*) close toe, arm raising slowly.
6. Bend stride prone, arms to stretch.
7. Wing sitting, backward bending 25°.
8. Stretch walk (*a*) twist, arm parting.
9. March.
10. Bend bow, arms to cross (*c*).

Day's Order XXXI.

1. Facings and march steps.
2. Bend toe knee bend, arms to cross (*c*).
3. Stretch walk (*a*), backward bending.
4. Arm stretching upward, forward and sideways.
5. Rest, leg raising forward to side to back.
6. Wing, half toe leaning position.
7. Rest stride kneel, backward bending.
8. Half wing, side fall position.
9. March.
10. Cross (*d*), arm raising and knee bending.

Day's Order XXXII.

1. Facings and march steps.
2. Cross (*d*) toe, arm raising and knee bending.
3. Rest walk (*a*) twist, backward bending.
4. Half stretch half back, change arms, also arm stretching downward.
5. Stretch half standing, arm parting slowly.
6. Reach stride prone, alternate arm flinging upward.
7. Bend bow, arms to cross (*c*), slowly.
8. Wing stride, quick twisting.
9. March.
10. Stretch fallout (*b*), arm parting.

Day's Order XXXIII.

1. Facings and march steps.
2. Bend toe, arm to stretch and knee bending.
3. Rest stride twist, backward bending.
4. Arm stretching backward, forward, upward and sideways.
5. Reach close toe, arm raising slowly.
6. Wing fallout (*a*), change feet with advance.
7. Bend stride bow, arms to stretch, slowly.
8. Rest fallout (*a*), twisting.
9. March.
10. Walk (*b*), arms to cross (*c*) and change feet. (a sink.)

Day's Order XXXIV.

1. Facings and march steps.
2. Rest walk (*a*), heel raising and knee bending.
3. Stretch walk (*a*), backward bending.
4. Arm stretching, sideways, upwards, forwards and backwards.
5. Stretch, leg raising forward to side to back.
6. Rest, half leaning position.
7. Bend bow kneel, backward bending.
8. Stretch walk (*a*) twist bow, arm parting.
9. March.
10. Bend walk (*b*) bow, arms to stretch.

Day's Order XXXV.

1. Facing and march steps.
2. Wing fallout (*b*), change feet, series.
3. Stretch walk (*b*), backward bending.
4. Arm stretching upward, backward, forward and sideways.
5. Cross (*c*) half standing, heel raising.
6. Half stretch, fallout (*b*).
7. Rest sitting, backward bending, 25°.
8. Half rest, side fall.
9. March.
10. Arm raising forward-upwards, heel raising and knee bending.

Day's Order XXXVI.

1. Facings and march steps.
2. Arm raising sideways-upward heel raising and knee bending.
3. Bend stride bow, arms to stretch, slowly.
4. Arm stretching backward, upward, sideways and forward.
5. Wing half standing, heel raising.
6. Cross (*e*)-stride prone, arms to stretch.
7. Stretch stride kneel, backward bending.
8. Cross (*c*)-stride, quick twisting.
9. March.
10. Arm circumduction, with backward bending.

Day's Order XXXVII.

1. Facings and march steps.
2. Rest fallout (*b*), change feet, series.
3. Stretch walk (*c*), backward bending.
4. Arm stretching, backward, downward, forward, upward and sideways.
5. Wing, half toe lean standing.
6. Bend prone, arms to cross (*d*), slowly.
7. Stretch sitting, backward bending, 45°.
8. Stretch stride twist, side bending.
9. March.
10. Walk (*a*), arms to stretch, and change feet. Forward-down, sink.

Day's Order XXXVIII.

1. Facings and march steps.
2. Stretch walk (*a*) toe, knee bending.
3. Bend stride bow, arms to stretch, slowly.
4. Arm stretchings, upwards, sideways, backwards, downwards and forwards.
5. Rest half standing, heel raising.
6. Half stretch fallout (*a*), change arms and feet.
7. Forward and backward, desk support.
8. Wing fallout (*a*) twist, side bending.
9. March.
10. Arm raising, forward-upward and twisting.

Day's Order XXXIX.

1. Facings and march steps.
2. Cross (*a*), toe, arms to stretch and knee bending.
3. Stretch walk (*c*), backward bending.
4. Arm stretching, forward, backward, upward, downward and sideways.
5. Rest, half toe lean standing.
6. Reach stride prone, arm flinging sideways with turning of hands.
7. Wing fall sitting, head rotation.
8. Half bend side fall, to half stretch.
9. March.
10. Reach prone, arm flinging upward.

Day's Order XL.

1. Facings and march steps.
2. Reach half standing, knee bending.
3. Bend bow, arms to stretch slowly.
4. Alternate arm stretching, backward, downward, forward, sideways and upward.
5. Stretch half standing, heel raising.
6. Prone, arm flinging forward-upward and sinking, sideways-downwards.
7. Back desk support, alternate leg raising.
8. Stretch, walk (*c*), side bending.
9. March.
10. Arm raising sideways-upward heel raising and knee bending.

Day's Order XLI.

1. Facings and march steps.
2. Wing fallout backward, change feet.
3. Rest twist, backward bending.
4. Arm stretching, sideways, downward, forward, backward, upward.
5. Half stretch, half toe lean standing.
6. Cross (*b*), prone, arm rotation.
7. Bend fall sitting, arms to stretch.
8. Half rest side fall, leg raising.
9. March.
10. Bend bow, arms to cross (*d*).

Day's Order XLII.

1. Facings and march steps.
2. Wing, slow heel raising and knee bending.
3. Stretch close, backward bending.
4. Continuous arm stretching in various directions.
5. Stretch, half toe lean standing.
6. Bend half toe lean standing, arms to stretch.
7. Desk support, leg raising forward.
8. Bend stride twist bow, to stretch.
9. March.
10. Arm circumduction, heel raising and knee bending.

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